A Deep Dive into Medical Nutrition Therapy and Physical Activity

View Course details

In this course, we will focus on the critical role of Medical Nutrition Therapy (MNT) and Physical Activity in the management of obesity. This course covers evidence-based strategies to optimize both nutrition and physical activity in order to support weight management, improve metabolic health, and enhance overall well-being.

Understanding how MNT and physical activity can support obesity management is crucial in treating this chronic disease. Throughout the course, we will examine case studies and explore the latest research to help you develop personalized treatment plans. By the end of the course, you will be able to apply these strategies in clinical and public health settings to support the long-term health of individuals living with obesity.

Upon completion of this course, you will receive a certificate of completion.

This course was co-developed between Obesity Canada and The European Association for the Study of Obesity.

WHO IT'S FOR

Login to Enroll

Free

COURSE INCLUDES

- 3 Lessons
- 1 Topic
- 2 Quizzes

GROUPS

Newest Active Popular

All-Access General Discussions
active 2 hours ago

International Coalition to Improve Training in Obesity Care
active 2 weeks ago

This course is designed for a comprehensive range of healthcare professionals, encompassing Physicians, Nurse Practitioners, Nurses, Pharmacists, Dietitians, Occupational Therapists, Respiratory Therapists, Psychologists, and other health providers. It aims to equip these professionals with specialized knowledge and skills relevant to their respective fields. By engaging various healthcare roles, the course ensures a multidisciplinary approach to patient care, enhancing collaborative practices and improving health outcomes.

STRUCTURE AND TIME INVESTMENT

Pre and post evaluations with one asynchronous module. It will take approximately 4 hours to complete the program.

PREREQUISITES

None

ACCREDITATION

None

TIMING

Online learning, completed at your own pace.

PRICE

Free

FACULTY

- Candace Vilhan, B.A.Psych, E.C.E., CBE, Lived-experience
- Shahebina Walji, MD, CCFP, FCFP
- Jennifer Brown, RD
- David Macklin, MD, CCFP
- Sean Wharton, MD, PharmD, FRCPC
- Sue Pedersen, MD, FRCPC
- Taniya Nagpal, PhD
- Simon Williams, PhD., European Association for the Study of Obesity Representative

COURSE CONTENT

Expand All

Module 1 1 Quiz

Module 2 1 Topic

Module 3 1 Quiz

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